



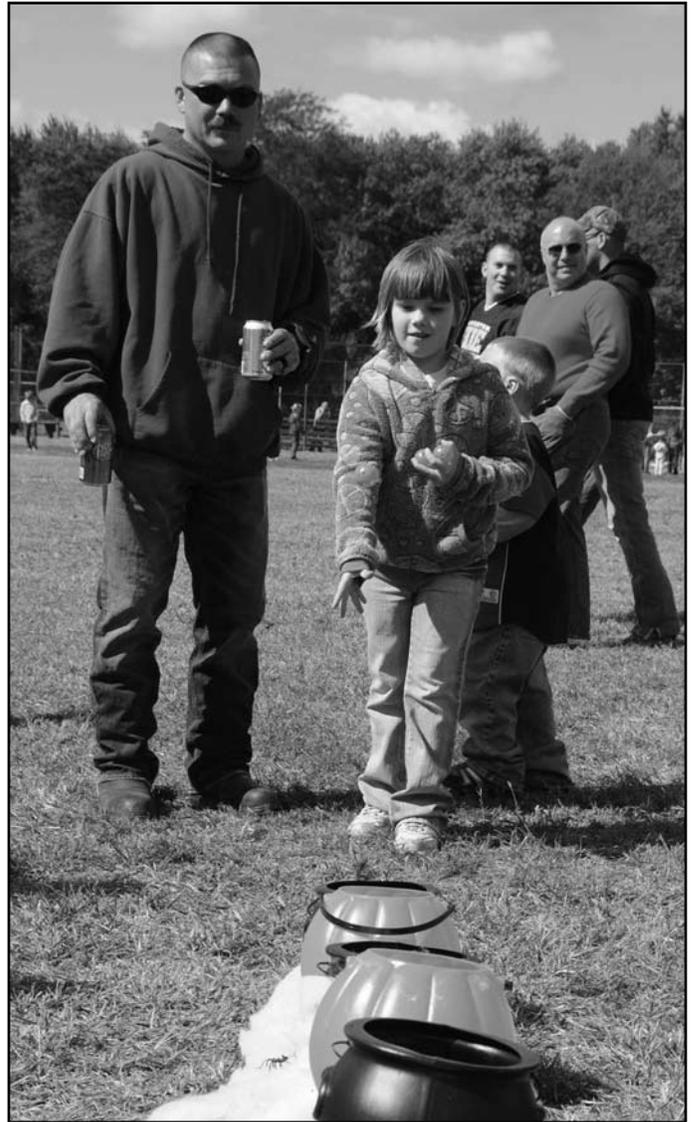
## Family Day 2010 Riverside Park



Family Day 2010 was held Oct. 3, at Riverside Park, just a few minutes from the 183rd main gate. Families enjoyed the beautiful day and participated in various activities including: pumpkin and cookie decorating; bag toss, washers, hayride and pony rides, sack hop races, three-legged races, wheelbarrow races, relay races, hay stack scramble, softball games and many other kid-friendly games.

Over 890 meals catered from Roly Poly were served to unit members and their families. Prizes and smiles were abundant throughout the afternoon. Special thanks goes to the family day planning committee for making family day a success.

Pictures by 183rd FW Public Affairs



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**Just the Facts**

*Unit Training Assembly Schedule  
and pay dates*



<u>Duty Performed</u>	<u>Pays out (approx.)</u>
NOV 6-7	NOV 17
DEC 4-5	DEC 15
JAN 8-9	JAN 19

**PLEASE NOTE:** Duty hours for each UTA/SUTA will be 0800-1200 and 1300-1700 unless otherwise scheduled in advance. Mark your calendar! For more pay information, see the DFAS web site at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

**Attention!**

The deadline for the **NOVEMBER** issue of the **Falcon's View** is **SATURDAY, October 2, at 1200 hrs.**



**On Base Emergency**

CALL 911 FOR ALL YOUR ON-BASE EMERGENCY NEEDS.

**Important Contacts**

Commercial (217) 757-1XXX  
on base use 3-digit Ext.

- Main Gate..... 205
- Base Commander..... 219
- Base Operations..... 202
- 217th EIS Commander..... 700
- Pass and Registration ..... 481
- Recruiting..... 285
- Public Affairs ..... 267
- Customer Service ..... 308
- Military Pay ..... 225
- Clinic..... 221
- Safety ..... 237
- Chaplain ..... 367
- Wing IG .....770

**Toll Free Number**

**1-800-392-1797**

**Human Resource Advisor**

**Are you “into” in-residence?**

*by Chief Master Sgt. Brenda Korte  
Human Resource Advisor*

My encouragement for pursuing education continues! The push of the flywheel this month is for attending in-residence Professional Military Education (PME). As I look back on my military career, I was going to college, working, getting married, running a household, attending monthly UTAs, and completing numerous CDCs. Who had time for an in-residence school? So, I participated in all of the courses mentioned below via correspondence.



However, as my career advanced in the Air National Guard and my responsibilities increased, I was highly encouraged to attend the in-residence Senior Non-Commissioned Officer Academy (SNCOA) in order to enhance my resume in case a promotional opportunity became available. This meant time away from my family, possible job conflicts, and putting me into an environment encompassing Guard, Reserve, and Active Duty Air Force personnel. In 2007 I was in Montgomery, Ala., for my first in-residence PME. I had taken the correspondence course, but there was something different about bouncing ideas off of other people, networking with military members from all over the world in different career fields, and having the time to focus most of my energy on the military education being provided by top-notch instructors. I decided going in-residence would not only make me a better Airman, but it would also benefit the Airmen I worked with during UTAs. I believe it did!

The in-residence schools are Airman Leadership School (ALS) for five weeks, Non-Commissioned Office Academy (NCOA), for six weeks, and Senior Non-Commissioned Officer Academy (SNCOA) for seven and a-half weeks. As you move forward in your Air National Guard career, I encourage you to attend at least one in-residence PME. If you have questions, please contact your Unit Training Manager (UTM) or the Base Education and Training Office at extension 230 or via email.

# Suffering and Suicide

by Lt. Col. Robert Barry  
Base Chaplain's Office

This past September, the Pentagon placed suicide among the troops as the number one emergency condition to be confronted by units. This change came about after five soldiers killed themselves at Fort Hood, and we have to ask what we can do to counter this.

Those who take their lives or attempt to do so, make these attempts because they are driven to despair by circumstances they believe they cannot control. The force that drives them to this position is their suffering. Suffering occurs when events challenge or threaten who and what we are. Suffering can be caused by almost any kind of failure, by the loss of a family member or close friend, or even by the discovery of one's limitations. Suffering forces us to recreate, redefine or "re-engineer" ourselves as we strive to adapt to what has happened. Situations of suffering demand that we be psychologically and emotionally flexible and adaptable. When we believe we cannot psychologically adapt to the new situation created by the threat, we are in danger of lapsing into despair because we cannot free ourselves from the suffering.

Those who attempt to end their lives find themselves so overwhelmed by events or cir-

cumstances that they believe they absolutely cannot adapt to the new circumstances, and the only option before them is to exit this life entirely. In almost every situation like this, they wish they did not have to end their lives, but they cannot envision any other option. Objectively, there might be things they can do to alleviate their suffering and despair, but they do not see, recognize or acknowledge the existence of these options. Because of this perception they believe they absolutely have to end their suffering, pain and humiliation by ending their life.

What do we do with those in these situations? The traditional response has been to accompany them, listen to them and not abandon them in their suffering or despair. It is critically important that they not be abandoned, isolated or neglected because that seems to be what turns their suffering lethal. When these individuals feel isolated and abandoned in their sufferings, they choose death as the only option available. For all of us, what makes us able to manage our distress and burdens is being able to share and communicate them with others. There are certainly times when the suffering person needs solitude and quiet, but in the depths of their sufferings, they usually need the comforting presence of someone who listens closely, helps confront situations, presents options to alleviate the sufferings and encourages the distressed.

The necessity not to abandon or neglect those who are deep-

ly suffering among us presents us with a challenge. In our moments of self-reflection and discernment, we need to ask ourselves how well we have formed our character and personality to be a protective, life-supportive and sustaining individual who can aid these individuals in their trials.

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## CHAPLAINS' INFORMATION

### Roman Catholic Chaplains:

**Lt. Col. Jeff Laible**  
316 S. Logan Street  
Lincoln, IL 62656  
phone: 217-732-4019  
e-mail: Frlaible@hotmail.com

**Lt. Col. Bob Barry**  
3700 103rd Street  
Chicago, IL 60655  
phone: 773-296-3857  
email: RLBarry@att.net  
or robert.barry@ang.af.mil

### Protestant Chaplain:

**1st Lt. John Bormann**  
16595 N. Meadow Ln.  
Petersburg, IL 62675  
phone: 217-361-8833  
e-mail: jonbormann@gmail.com

### Religious Services

Protestant Service:  
Saturday 1500 hrs Chapel  
Catholic Mass:  
Saturday 1600 hrs Chapel

**Base Chapel Office:**  
Bldg. P-48, Room 302  
Phone 217-757-1367  
DSN 892-8367  
Fax (217)757-1509



### EANGUS - More important now than ever!

by Command Chief Master Sgt.  
Tom Hergenrother  
183rd Fighter Wing

During EANGUS's (Enlisted Association of the National Guard) annual conference in August, Illinois was allowed four (4) delegates to "vote" during the business session. For clarification, each state is authorized one "Delegate" for every 100 members of EANGUS. In comparison, Mississippi was authorized 21 Delegates. Delegates represent each state's voice when voting for any, and all, by-law changes. And this may or may not be an important issue - it depends on what the issue is and how strongly a specific state feels for, or against, a change or a proposal.

But the real message here is this: Illinois' four delegates represent an extremely low number of EANGUS members. The following numbers tell the sad story: Illinois has 11,411 enlisted members: 8,875 in the ARNG and 2,536 in the ANG. Out of that possible 11,411, there are a total of 320 paid EANGUS members. That is 2.8%! Illinois has one of the lowest, if not the lowest, membership percentages in the country. And unfortunately, many of those 320 are retired members.

If you are like me, you ask yourself: "How is that possible?" With the tight Department of

Defense (DoD) budget, the significant reductions affecting most programs and nearly every mission, and personal benefits being threatened, how can we not support, through membership, a professional military organization that is fighting on our behalf?. Additionally, the "Little Brown Book," AFI 36-2618 "The En-

ous times in the past, nearly all "quality of life" enhancements we receive as military members come from Congress – not the DoD. Many of our in-place benefits and entitlements are continually being challenged by lawmakers to reduce costs. Professional Military Organizations, like EANGUS, NGAUS and NGAI, lobby to continue these



*Col. Meyer, Wing Commander, shows his support for EANGUS by becoming a member and presenting a check for membership to Command Chief Tom Hergenrother.*  
*Photo by Master Sgt. Shaun Kerr*

listed Force Structure," clearly states in Chapter 4, under NCO Responsibilities, that NCO's must "Promote organizational esprit de corps and foster good community relations by actively participating in and supporting professional organizations – as well as encouraging subordinates to do the same."

As has been mentioned numer-

benefits on Capitol Hill and at State Capitals. These organizations represent the interests of the National Guard enlisted force before Congress. They propose factual and meaningful initiatives to legislators that are vitally important to us now, and in the future. Their agendas focus on "improved" and  
*Continued, page 8*

## Greetings from Kyrgyzstan

Submitted by Master Sgt. James Iaun  
183rd FW Chaplain Assistant

I wanted to send a brief update and attach a photo from our public web site. We recently ran the USAF Marathon at our deployed location and it was a great success for all who participated. I had the opportunity to run the 26.2 mile course and was supported by the entire chapel staff who volunteered at one of several water stations.

I finished in second place with a time of 4 hours and 35 seconds which was just off my goal to come in under 4 hours. I am determined to run the Chicago Marathon in 2011 with a time of 3 hours, 30 minutes.

Our mission continues to be very exciting with non-stop support for our brave warriors transiting in and out of the area of responsibility (AOR). The base is expanding and our limited staff is quite busy ministering to the many personnel from U.S. and coalition forces as well as the DoD and host nation civilians. We have also served as host to dislocated embassy and Peace Corps personnel during periods of national unrest. With the upcoming elections we are expecting the possibility of a recurrence of violence and will likely have to robust our services to include these individuals again for their safety.

As winter approaches, the Chapel is also taking a lead role in Operation Warm and Dry. This project involves receiving and distributing cold weather garments to the local population in need. Kyrgyzstan remains an impoverished land for a variety of reasons and part of our mission is to provide assistance.

Our chapel team continues to build rapport and provide aid that impacts thousands of lives through our direct aid and demonstrated compassion.

Thanks to all the men and women of the 183rd who provide such excellent support for the deployed members. It is an honor to represent our unit and the Air National Guard at this location.

I wanted you to note the photo from the marathon because I was proudly wearing my Illinois National Guard running uniform!

I pray all is well back in the great state of Illinois.

TRANSIT CENTER AT MANAS,  
Kyrgyzstan

Master Sgt. James Iaun, 376th Air Expeditionary Wing non commissioned officer in charge chaplain's assistant, receives water and encouragement from volunteers during the Air Force marathon Sept. 18. Sgt. Iaun is a chaplains assistant at the 183rd FW. (U.S. Air Force photo/Staff Sgt. Nathan Bevier) USAF AFCENT 376 AEW/HC



## New First Sergeant



Pictured is Master Sgt. Brian Wyatt receiving his diploma from the First Sergeant Academy on Oct. 1. Master Sgt. Wyatt was one of 79 USAF, ANG and Air Force Reserve members graduating from the First Sergeant Course at Gunter

AFB in Montgomery, Alabama. Master Sgt. Wyatt is the new First Sergeant of the 183d Security Forces Squadron. He began his career with the 183d FW in Sept 1991 as an Weapons/ Armament Specialist. Master Sgt. Wyatt resides in Keokuk, Iowa, and is an Iowa State Police Officer in the civilian world. Congratulations Master Sgt. Wyatt!  
Courtesy Photo

# Repair facility adds new engine

by Maj. Nancie Margetis  
Public Affairs

Last month the unit was awarded the contract to obtain a second engine test cell to accommodate additional engine testing here. The unit currently provides maintenance on the General Electric F110 Turbo Fan Engines that power the F-16 C/D block 30 and 40 aircraft.

The centralized repair facility, nicknamed the Capital repair facility, mainly support Air National Guard units that fly this series aircraft and also units that go through United States Air Forces Europe (USAFE) for repair that are performing duty in the area of responsibility (AOR).

The maintenance ranges from complete overhauls to unscheduled maintenance that might occur as a result of leaks, vibrations, foreign object damage (FOD) and performance problems.

Recently the centralized repair facility was tasked to provide support to the Duluth Minn. unit for their new BLK 50 F-16 C/Ds, which are powered by the F-110-GE-129 engine. Besides the Duluth unit, the unit will be able to provide assistance to USAFE, Spangdahlem, Germany, or any other future units that will be equipped with this engine version.

The major differences between the two engines is for the -129 engine means better performance,

longer inspection cycles, computer software and better maintenance capabilities.

Testing the new engines will significantly impact the mission of the centralized repair facility. The F110-GE-100 and the F110-GE-129 engines look very similar, however their performance standards are different and the current test cell was only capable of testing the -100 engine. This means the centralized repair facility at the 183rd will be the second test facility in the USAF and the only one located in the continental United States.

Master Sgt. Richard Shanner, the Aerospace Propulsion Superintendent (Interim) said this about what this means for the unit, "We are expanding our horizons, keeping every option open for future growth. Keeping up with the newer technologies that help us support the warfighter."

He also states that the unit members are excited about the new engine. "It proves to them that their efforts in the -100 program have been noticed and that they are now entrusted to support the needs of newer weapons systems power plants and to keep their skill level up to accept even newer and future systems," Shanner said.

He sums it up by adding, "The men and women of Capital centralized repair facility are very professional and proud of their commitment, product and their contribution to the units taking the war back to the doorstep of aggression."

# In the Spotlight

**Who:** Senior Airman Christopher J. Kelly

**What:** Target Analyst, 183rd AIS

**When:** Feb. 2, 2007

**Why:** I was currently in college at the time and was looking for something to give my life more impact and focus.

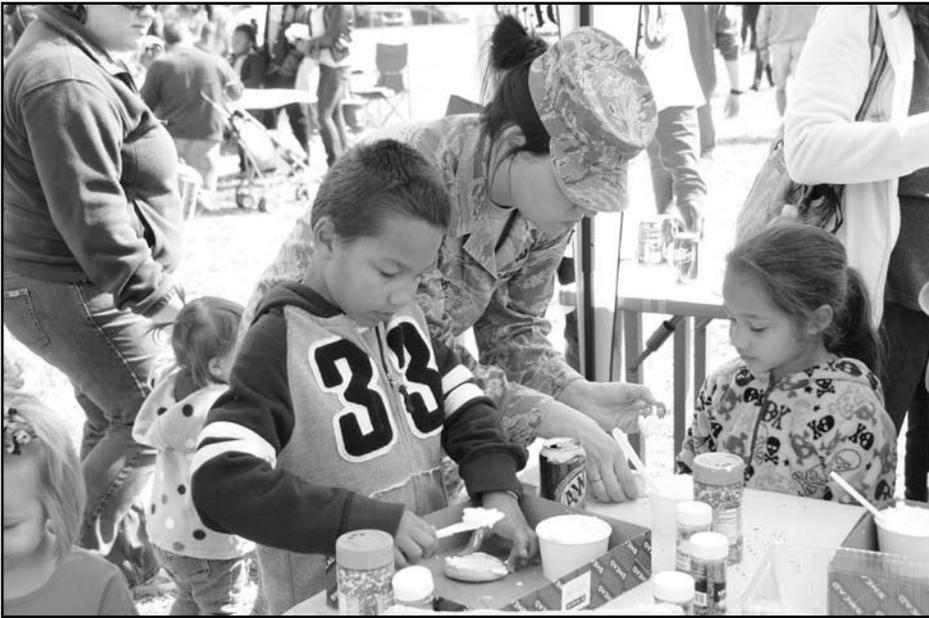
**Civilian Employment:** Graduating University of Illinois Champaign-Urbana in December with a degree in Economics and plan to attend graduate school next fall.

**Civilian/Military Correlation:** It made me more disciplined, focused and efficient in my school work as well as giving me a better idea of what I wanted to do once I graduate.

**Recent and Favorite Deployments:** Davis-Monthan Air Force Base 10 June 2010 – 10 August 2010 because I got to work with an active intelligence cell and was able to witness and participate in what our new mission is.



**Family Day 2010**



## Command Chief Commentary Cont.

*Continued from page 4*

“continued” benefits for members of the National Guard. And a key to continued and persistent support always has, and will continue to be, “strength in numbers”. This is why large membership numbers in EANGUS is VITAL to improving and sustaining benefits for all military members – and this includes retired members as well.

On the EANGUS.ORG website, the following introduction and mission are described.

The Enlisted Association of the National Guard of the United States was formally organized in 1972 with the goal of increasing the voice of enlisted persons in the National Guard. As such, EANGUS is a non-profit organization dedicated to promoting the status, welfare and professionalism of Enlisted members of the National Guard by supporting legislation that provides adequate staffing, pay, benefits, entitlements, equipment and installations for the National Guard.

Without a doubt, EANGUS is doing their job; they have been our voice and they are working hard for us. It’s not possible to list every EANGUS accomplishment in recent years, nor can I list every new initiatives being worked, or current entitlements that are being challenged. But I offer the following summary of enhancements that EANGUS has gained for National Guard members and retirees –

and especially for those in the enlisted force.

Over the past 10 years, military pay increases have amounted to 32.95%. In most, if not all of those years, EANGUS was successful in pushing for increases above and beyond what the President initially requested.

- Were key supporters in reducing age 60 retirement for each 90-day aggregate deployment period – they continue to fight to make the program retroactive to Sept 11, 2001. And they are still working to reduce the military retirement age from 60 to 55.
- Working vigilantly to stop Duty Status Reform – a proposal to change our UTA pay from two-days pay per UTA to one day per pay for a UTA day. This would not only negatively affect your pay, but it also reduces the retirement points you earned and eventually your retirement compensation.
- Worked for increase ANG military construction – in 2009 the final amount approved for new construction was \$236 million – which was \$108 million above the President’s Budget Request.
- Working ANG end strength variances. Thus allowing the Secretary of Air Force to waive end strength by up to two percent if needed to enhance manning and readiness in essential units or critical specialties.
- Sought funding for the Yellow Ribbon Reintegration programs for those returning from a 90-day or deployment in support of GWOT – end result was a \$20 million program.

- Worked to increase Reserve Component Pre-Mobilization Health Care from 90 to 180 days prior to mobilization.
- Fought to gain TRICARE Reserve Select eligibility for Reservists and has successfully fought against rate increases since its inception.
- They have fought for TRICARE Standard for the “Gray Area” retirees under 60.
- Fought to increase GI Bill benefits for tuition and books; was successful in getting Montgomery GI Bill REAP benefits extended to 10 years after discharge.
- Worked to raise creditable retirement points from 90 to 130 per year. This is especially meaningful for those individuals taking PME through correspondence and CDC courses in the same year.

As you can see, EANGUS has been successful in working for us. Again, EANGUS will only be as effective as their strength allows. So in order to enhance its voice on Capitol Hill, increased membership numbers are vital.

Please give serious consideration to supporting professional organizations like EANGUS so they can be our strongest possible advocate before Congress. Your membership serves as your “voice” at the national level, make it heard! Please see your section NCOIC or First Sergeant for membership information.

## 2011 Air National Guard Bowling Tournament

### Air National Guard Bowling Tournament, May 6-7, 2011

The bowling tournament is open to all Air Guard members and their immediate family as well as civilian employees.

The cost is \$28 per event plus \$3 for all events category.

Teams are made up of five bowlers.

The bowling events consist of singles, doubles, and teams.

The cost of three events plus the all-events category is \$87.

The host hotel is the Holiday Inn and Suites in Duluth, Minn.

Room rates for single or double is \$79; triple occupancy \$89.99 and for quad occupancy is \$99.

To sign up or for more information on the bowling tournament contact Bernie Riddle at (217)757-1220 or (217)652-2267, or Jackie Riddle at (217)757-1414 or (217) 652-2273 no later than March 15, 2011.



## Recognition

### Welcome Aboard!

Major Jerri L. Howerton	AOG
Staff Sergeant Joseph E. Martis	183rd FSS
Senior Airman Blair A. Pumphrey	183rd MXS
Senior Airman Timothy B. Smith	183rd CES
Senior Airman Michael Winterbauer	217th EIS
Senior Airman Heather R. Adcock	217th EIS
Senior Airman Ethan M. Cox	183rd MXS

### New Arrival

**Master Sgt. Brent Keller, 183rd MSG,** and wife Suzanne are the proud new parents of a baby boy. John Hennessy Keller was born Sept. 17, weighing seven pounds, five ounces, and was 20.5 inches tall. Big sisters are Kate 4 1/2 and Mary Jane 2 1/2. Congratulations to the Keller family on their new bundle of joy.



### Promotions

#### Lieutenant Colonel

Fredrick K. Schilb

#### Major

Thomas G. DeTorres

#### Captain

Thomas J. Holewinski

#### Senior Master Sergeant

Shawn M. Barber  
Richard J. Reimann  
James B. Wynn  
Mark L. Hendricks  
Robert S. Ryan

#### Master Sergeant

Robert T. Agans  
Marc A. Victor

#### Technical Sergeant

Cathia R. Devore  
Douglas J. Adams  
Jordan R. Matulevich  
Kelly M. Riley  
Andrew L. Webb  
Samuel S. Reeley

#### Staff Sergeant

Paige A. Borjon  
Jeremiah D. Cagle  
Michael S. Mondia  
Ryan C. Propst

## Retirees

### Happy Retirement!

Brigadier General John P. Hughes	ILANG Headquarters	September 1, 2010
Chief Master Sergeant Kent W. Sunderland	ILANG Headquarters	September 15, 2010
Master Sergeant Martin A. Gravit	Air Operations Group	September 1, 2010
Technical Sergeant Kevin M. Wille	Maintenance Squadron	September 26, 2010
Technical Sergeant Mark A. Alexander	Maintenance Squadron	October 1, 2010
Staff Sergeant Richard J. Barfield	Logistics Readiness Squadron	September 24, 2010

## Thank You!

*To my 183rd Family:*

*I want to thank everyone for their thoughts and prayers to me and my family over the past couple weeks during my battle with cancerous brain tumor. It has been very touching to know how supportive you all have been and it has meant everything to my family and I. I also want to thank you all for the card and generous gift that we received from family weekend.*

*I am fighting this as hard as I possibly can and you all will see me at drill before you know it!!*

*God Bless you and thank you for all of your prayers, supports and kind words. I take you all as family and my entire family has been able to witness how supportive you have been. It has made me and my family very proud to be members of the 183rd!!!*

*Technical Sergeant Joshua R. Slusser, 183rd ASuS*

### Safe Food Handling

by Senior Master Sgt. Brian Wil-  
loughby, Base Safety Office

The coming holiday season means getting together and enjoying food and good time. Also, recent events have put some attention on fresh eggs and their safe handling. So we thought it would be a good idea to cover some practices for safe food handling. Nobody would like to have the holidays ruined by a bout of food illness.

So what is food borne illness and disease? Because food borne illness often presents itself as flu-like symptoms such as nausea, vomiting, diarrhea, or fever many people may not recognize the illness is caused by bacteria or other pathogens in food. Thousands of types of bacteria are naturally present in our environment. Bacteria that cause disease are called pathogens. When certain pathogens enter the food supply, they can cause food borne illness.

How do these bacteria become present in food? It may be present on products when you purchase them. Plastic-wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood, and eggs are not sterile. Neither is fresh produce such as lettuce, tomatoes, sprouts, and melons. Cross contamination is the transfer of harmful bacteria from unsafe foods to ready-to-eat and otherwise safe foods via cutting boards, utensils, etc. Millions of cases of food borne illness occur each year. Most cases of food borne illness can be

prevented. Proper cooking or processing of food destroys bacteria.

So how do we prevent food borne illness? Quite simply by keeping hot food hot and cold food cold. Bacteria multiply rapidly between 40 °F and 140 °F so it is important to keep food out of this "Danger Zone".

Follow these guidelines for keeping out of the danger zone:

Store food in the refrigerator (40 °F or below) or freezer (0 °F or below).

- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.
- Cook food to a safe minimum internal temperature.
- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
- All cuts of pork to 160 °F.
- Ground beef, veal and lamb to 160 °F.
- All poultry should reach a safe minimum internal temperature of 165 °F.
- Maintain hot cooked food at 140 °F or above.
- When reheating cooked food, reheat to 165 °F.

To prevent cross contamination the USDA recommends following a simple four step strategy.

Clean

- Wash hands and surfaces often. Always wash hands with warm water and soap for 20 seconds before and after handling food. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water. Cutting boards, utensils, and

counter tops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.

Separate

- Don't cross-contaminate. Keep uncooked food away from prepared or food to be eaten raw. Use separate cutting boards and utensils for meat and vegetables.

Cook

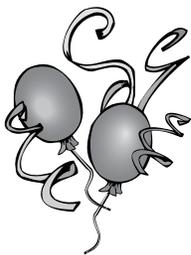
- Cook to proper temperatures. See the above guidelines.

Chill

- Refrigerate all leftovers promptly. Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F). Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F). Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling. Use cooked leftovers within 4 days.

A few other things to consider for better food safety. Purchase refrigerated or frozen items after selecting your non-perishables. Some even suggest using a cooler for frozen and refrigerated goods. Some guidelines for thawing frozen food safely depend on the method used. Thawing in the refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food. For faster thawing place food in a leak-proof plastic bag and submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing. If you use the microwave cook meat and poultry immediately.

Enjoy holiday cooking!



## 183rd Annual Holiday Party

January 8, 2011

1900-2400

\$10/person

More details to follow in December's Falcon's View



*Submitted by Capt. Shawn Strahle  
Communications Flight Commander*

This past August I had the opportunity to attend the 132nd National Guard Association of the United States (NGAUS) conference held in Austin, Texas. The conference presented a great chance to participate in an environment for professional growth, learn about critical issues facing the Guard, and meet and build a collaborative network with fellow Guard members. The conference provided an interactive setting to meet and to get to know Guard members from all 54 states and territories. Sharing ideas is an extremely valuable tool for professional growth; one finds that the issues from state to state are very similar. A brief overview of what NGAUS is would be a great place to start.

The National Guard Association of the United States (NGAUS) and the Enlisted Association National Guard of the United States (EANGUS) are the professional organizations for Airmen and Soldiers that are responsible for addressing issues that affect the National Guard at the national level.

They are the National Guard's voice to Congress. NGAUS's lobbying branch is responsible for providing the National Guard representation on issues such as ensuring modern equipment for the Guard, educational benefits, early retirement credit, and recognition of Title 32 Duty in the post 9/11 GI Bill.

This year the speakers were outstanding with General Craig R. McKinley, Chief of the National Guard Bureau, speaking on the challenges and opportunities the Guard will face in the near future. General McKinley works closely with the 54 Adjutants General to keep the Guard relevant, trained, and equipped in its most active operational period ever. He addressed the possibility of the reduced military budgets and how the National Guard has the advantage of being a great model of efficiency. The National Guard is able to carry out 35 percent of the total operational mission at only seven percent of the cost. General McKinley also spoke on the increased role the National Guard would play in the Domestic Operations (DOMOPS)

Admiral James A. Winnefeld Jr., the Commander of the U.S. Northern Command, spoke on the important role the National Guard plays in homeland security and Defense Support of Civil Authorities (DSCA). The Guard has over 100 members from many states working at any given time in the NORTHCOM Headquarters. The close working relationship of NORTHCOM with the National Guard is critical to the success of its missions of defending North America and our Allies.

Above all, NGAUS gave all of us a chance to compare ideas, learn new things, and reinforce our own personal beliefs in what the National Guard means to us.

### **Combined Federal Campaign.....**

If we could reduce the world's population to a village of precisely 100 people, with all existing human ratios remaining the same, the demographics would look something like this:

- The village would have 60 Asians, 14 Africans, 12 Europeans, eight Latin Americans, five from the USA and Canada, and one from the South Pacific
- 51 would be male, 49 would be female
- 82 would be non-white; 18 white
- 67 would be non-Christian; 33 would be Christian
- 80 would live in substandard housing
- 67 would be unable to read
- 50 would be malnourished and one dying of starvation
- 33 would be without access to a safe water supply
- 39 would lack access to improved sanitation
- 24 would not have any electricity (and of the 76 that do have electricity, most would only use it for light at night)
- Seven people would have access to the Internet
- One would have a college education
- One would have HIV
- Two would be near birth; one near death
- Five would control 32% of the entire world's wealth; all five would be US citizens
- 33 would be receiving—and attempting to live on—only 3% of the income of “the village”

No one is too small to help some of those more unfortunate ones of our Global Village

## Happenings



Photo by Master Sgt. Shaun Kerr

Members of the newly formed Comptroller Flight pose for a group photo during October UTA. The flight became official Aug. 1 and is a stand-alone unit at the 183rd FW. Maj. Shawn Green, 183rd Comptroller, is the commander of the new flight.

## Young Hero of the Month



**Name:** Travis Nathaniel Ater

**Age:** 5

**Birthday:** 1/19/2005

**Medical Diagnosis:** Juvenile myelomonocytic leukemia (JMML), and Neurofibromatosis Type 1

**Favorite T.V. shows:** Sponge Bob Square Pants, Mickey Mouse, Batman, Iron Man, Fireman Sam, and Curious George

**Hobbies:** Planes, water guns, Nintendo DS, playing frisbee, and playing dinosaurs

**Favorite Color:** Yellow

**Favorite Musician:** Hannah Montana

**Favorite Foods:** Pizza, pickles, hotdogs, pop sickles, pop tarts, oatmeal, and ravioli

*Young Heroes is a program that is set up to help give recognition to those special youngsters that battle life threatening illnesses or have been in a life threatening accident to emerge only to make the world a better place with their bravery and bright spirits. We accept any child that meets these criteria and will make them an honorary member of the Young Heroes community. For further information or questions please contact Master Sgt. Ryan Scott! Ryan.scott@ang.af.mil or 217-757-1669.*

## Lunch Menu

### Saturday Holiday Meal

Steamship Round beef  
Roast Turkey  
Baked Ham  
Mashed potatoes  
Sweet Potatoes  
Rice Pilaf  
Stuffing  
Turkey Gravy  
Green Bean Casserole  
Sweet Corn  
Peas  
Glazed Carrots  
Pumpkin Pie  
Apple Pie  
Shrimp Cocktail  
Salad Bar  
Ice Cream  
Fresh fruit

### Sunday Main line

BBQ Chicken  
Chili Mac  
Garlic Bread  
Rice  
Corn  
Steamed Broccoli  
Salad Bar  
Ice Cream  
Sugar Cookies

### Short Order

Grilled Cheese  
Grilled Ham and Cheese  
Tator Tots



## 183rd AOG teams with 12th Air Force, World Food Program & 17 nations for PANAMAX Exercise

*by 2nd Lt. Jennifer Menser  
183rd AOG Public Affairs*

Approximately 25 airmen from the 183rd Air Operations Group (AOG) squadrons participated in a recent exercise with sister services, non-governmental organizations, 17 partner nations and local governments to speed aid to a hurricane-ravaged island while protecting the Panama Canal. The only difference between this operation and previous efforts such as Haiti is the island doesn't exist and the natural disaster was played out on computer screens at Davis-Monthan, AB. The whole scenario is part of Exercise Panamax, a multi-national exercise led by U.S. Southern Command.

Panamax is a yearly exercise focused on the defense of the Panama Canal, ensuring free trade and commercial traffic through the vital waterway. In addition, Air Forces Southern is also simulating a full-scale relief operation in the fictitious country of Centralia, an island near the canal suffering from a massive hurricane.

Airmen from the 183rd worked alongside airmen from 17 partner nations including Argentina, Belize, Brazil, Canada, Chile, Colombia, Dominican Republic, Ecuador, El Salvador, Guatemala, Mexico, Nicaragua, Panama, Paraguay, Peru and Uruguay within the scenario. In addition, the United Nations World Food Program worked within the command center to practice the integration of non-governmental organizations into the simulated relief operations.

Several members of the 183rd squadrons worked at the fictitious Regional Air Movement Control Center to coordinate the integration of non-governmental organizations, foreign nations and military aircraft into a synchronized plan to maximize the landing of aircraft carrying humanitarian aid to relief efforts in Centralia. Members of the 183rd Air Support Squadron (ASuS) worked in the Battlestaff area to coordi-

nate security forces, communications, intelligence, public affairs and logistics during the exercise.

During a closing ceremony of the exercise, Lt Gen Glenn Spears recognized several members of the 183rd with a commander's coin of excellence for outstanding performance during the exercise. Members who received the coin were: Senior Master Sgt. John Marinelli, ASuS/A6; Tech. Sgt. Ben Klekamp, ASuS/SF; 2nd Lt. Jennifer Menser, ASuS/PA; Maj. Reginald McCutcheon, AOS; Capt. Jeff Heller, AOS/CPDB; Master Sgt. Rachel Meyers, AMOS/AMDL; Master Sgt. Mike Irwin, AMOS; Master Sgt. Erik Lane, AMOS/AMCT and Maj. Scott Lemaster, AOG. Col. Yoder was also recognized by Lt. Gen. Glenn Spears for his leadership as the 183rd AOG commander and the integration of the 183rd as augmentees to Panamax and the 12th Air Force, Air Forces Southern.

By practicing and building on these multi-national relief operations, the 183rd AOG squadrons are ready for the inevitable next natural disaster. We have to practice together with our fellow airmen at Davis-Monthan, sister services and partner nations to ensure we're able to react quickly in the future; not as strangers, but as friends who shared common experiences and training.



*Members of the 183rd AOG inventory computer accessories at home station prior to the exercise.*

*Photo by Master Sgt. Shaun Kerr*

If you have a member of your family that is a past or current member of the 183rd, or have information that a current or past member of the 183rd has passed away recently, please contact Mr. Joe Ward, Family Readiness Manager. We want to ensure that no one is forgotten for the annual Wreath Laying Ceremony commemorating all past and current members that have lost their lives each year. The Family Support Group is still sending sympathy cards to all deceased members' families, as well, but once again, we need the information. You can contact Joe by e-mail at [joe.ward.1@ang.af.mil](mailto:joe.ward.1@ang.af.mil) or by calling 217-757-1569.

## Annual Children's Christmas Party

Sunday December 5th

Begins at 2 p.m.

Aerospace Dining Facility

### HELP WANTED

The 183rd Family Readiness and Support Group needs your help. We are trying to recruit members, both new and old. I would like to have your input. From previous members, what worked and what didn't. From new members, what do you have to bring to the group and what you would you like to see incorporated into the group? So, let's band together, combine our ideas, and build a Family Support Group that we all will want to participate in. Please see me, Joe Ward, Family Readiness Coordinator for Volunteer Sign-up Forms.



There will be crafts, refreshments, maybe a surprise or two, and of course, a visit from Santa Claus.

Please contact Mr. Joe Ward at (217)757-1569 for more information.

### Volunteer Sign-up Form

Unit: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Name: \_\_\_\_\_

Specialty: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

City: \_\_\_\_\_

State & Zip Code \_\_\_\_\_

Please return to:  
183rd Family Readiness Group  
3101 J. David Jones Parkway  
Springfield, IL. 62707-5001

or e-mail it to:  
[joe.ward.1@ang.af.mil](mailto:joe.ward.1@ang.af.mil)  
(217) 757-1569



1. AUTHORITY: U.S. Code: Title 10, Subtitle E, Part I, Chapter 1007, Section 10204, and other subsets of Title 10.
2. PURPOSE: To collect the information necessary to process the action indicated by the form you are completing
3. ROUTINE USES: This information will not be disclosed outside the Department of Defense.
4. DISCLOSURE: Voluntary. However, failure to provide the information requested will result in the form not being processed, and may result in a denial of the intended action.

### Acid reflux, known as GERD

by Tech. Sgt. Amy Murphy  
183rd Medical Group

Gastroesophageal reflux disease, or commonly known as GERD, is when there is a back-flow of acidic stomach contents into your esophagus. There is no known cause of GERD, but it occurs when the esophageal defenses are overwhelmed by the acidic contents that reflux or rise up to the esophagus. A band of muscles at the junction of the stomach and the esophagus normally acts together with the diaphragm as a barrier to prevent reflux of the stomach contents into the esophagus. If that barrier is relaxed at the wrong times or is compromised reflux occurs. GERD symptoms are as follows:

- Chronic heartburn
- Belching
- Difficulty or pain when swallowing
- Excess of saliva
- Chronic sore throat
- Erosion of the enamel of the teeth
- Bad breath
- Hoarseness in the morning
- Chest pain (If this occurs report to the nearest ER to rule out a heart attack)

When treating GERD, there are a few goals that we should be aware of. These are:

- To bring the symptoms under control so that the individual

- feels better
- Heal the esophagus of inflammation/injury (from the acid contents)
- Manage/prevent complications ( Barrett's esophagus/stricture)
- Maintain the symptoms of GERD so that daily life is better

Diagnosing GERD should be done by your personal physician and can usually be diagnosed based on the symptoms alone. GERD can appear with no apparent symptoms as well. Diagnostic testing can be utilized as well. GERD is a reoccurring and chronic disease for which long-term medical therapy is effective. There is no cure for GERD, just treatment of the side effects of GERD. Treatment options include:

Lifestyle modifications (dietary changes, stay upright until your food digests)

- Surgery
- Medications
- Combination of the above mentioned

Over the counter medications provide only temporary relief. They do not prevent reoccurrence of symptoms or allow an injured esophagus to heal. If you need over the counter medication for longer than a two week period, it's time to see your doctor.

It is important to recognize that GERD is a disease that **SHOULD NOT BE IGNORED/ SELF TREATED!** In studies that measure emotional well-being, people with unresolved GERD often report worse scores than those with other chronic disease, such as diabetes and heart disease. Yet nearly half of GERD sufferers do not recognize it is a disease.

Visit [www.aboutgerd.org](http://www.aboutgerd.org) for more information.

### Promoted!



Lt. Col. Joseph P. Maslar receives his Colonel's eagles, Oct. 2.

Photo by Master Sgt. Shaun Kerr

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**183rd Website**

The 183rd Fighter Wing has created a new web site. The new web site can be found at [www.183fw.ang.af.mil](http://www.183fw.ang.af.mil)

The site features expanded public affairs coverage of all things 183rd. Readers can look for more timely and up-to-date news items about Springfield's Air Guard Unit.

Log on and check it out!

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